

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020

www.FrederickCountyMD.gov/aging

Exercise Classes

Yoga

Yoga offers tools that anyone can use to improve fitness, circulation, mobility, and a sense of well-being. This class offers excellent, precise instruction in yoga postures and breathing. Join us in building strength and flexibility in body, mind, and spirit.

Open to all, regardless of yoga experience. Please bring a yoga mat (or you may use a chair).

Date: Wednesdays, starting September 2
(6 weeks, pre-registration required)

Time: 12:30-1:30 p.m.

Cost: \$20 per participant

Instructor: Margaret Cervarich

Tai Chi: Basic

Improve Balance! Improve Strength of Body!
Achieve Clarity & Focus of Mind! Gain
Calmness & Lightness of Spirit!

Days: Mondays, starting September 14
(10 weeks, pre-registration required)

Time: Noon-12:55 p.m.

Cost: \$30 per participant

Instructor: Claudia Olson

Tai Chi: Advanced

Improve Balance! Improve Strength of Body!
Achieve Clarity & Focus of Mind! Gain
Calmness & Lightness of Spirit!

(This advanced class is for those who have taken a previous class with Claudia.)

Days: Mondays, starting September 14
(10 weeks, pre-registration required)

Time: 1:00-2:00 p.m.

Cost: \$40 per participant

Instructor: Claudia Olson

Line Dancing

The dance floor is for everyone! Improve your balance, gain confidence, find the beat, get moving, and have fun! Open to all, regardless of line dancing experience.

Date: Thursdays, starting September 10
(6 weeks, pre-registration required)

Time: 1:30-2:30 p.m.

Cost: \$18 per person

Instructor: Mary Ann Williams

Morning Exercise

Come exercise with us! These videos are made especially for seniors. Videos may include stretching, strength, balance, mobility and cardio exercises. Bring a light pair of weights for Wednesday exercise.

Date: Mondays: Mobility/Stamina (30 min)

Tuesdays: Strength/Balance (50 min)

Wednesdays: Stretching (45 min)

Thursdays: Variety (30-50 min)

Time: 10:45 a.m.

Cost: Free, video exercise, no instructor

Dance Exercise

This class incorporates familiar music, easy movements, and rhythm into a great workout whether you choose to stand and move or sit and groove!

Days: First Thursday of each month

Time/Cost: 10:45 a.m. Free

Wii Bowling

Enjoy a spirited game of bowling. It's the sights and sounds of a real bowling alley without the heavy ball.

Days: Wednesdays

Time/Cost: 1:00 p.m. Free